

Welcome Gnothiseauton!

Post by “Don” of December 4, 2024 at 6:26 AM

Welcome aboard!

[Quote from GnothiSeauton](#)

Edit: I just ordered a hardback copy of Dewitt's "Epicurus and His Philosophy" from Abe Books, the online used book store. Excited to read it as I have several other books I'm currently reading on Epicurus. I found this forum during a web search.

My personal go-to book recommendation these days is Dr. Emily Austin's *Living for Pleasure*. It is a very conversational, accessible introduction to the philosophy and applying it in one's life. We also did podcast interviews with her. Speaking of the Stoics, she wrote an article on that very topic:

[Are the Modern Stoics Really Epicureans?](#)

The Modern Stoicism movement has embraced the classical philosophy, often as part of project of disciplining emotion with rationality. Perhaps adherents should...

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